

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.

mm

U

R

E

-

1.9

H75

Res

# INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION :

FEBRUARY 3, 1943



## THE MARKET BASKET

Bureau of Home Economics, Agricultural Research Administration

U. S. Department of Agriculture

## FATS IN DAILY FOOD

Spreading the butter has a new, wartime meaning. With 30 percent of the country's butter required for the armed forces and lend lease, and with quantities of other fats in the fight, civilians are raising questions—"thinking" questions, and "planning" questions—about using fats in wartime meals.

For example: "Since I have less butter, what's the best way to use the butter I get?" "What other fats can I use?" and "Is fat essential in food, for health?"

### SOME FAT IS NEEDED

Answering the last question first, home economists of the U. S. Department of Agriculture say that some fat is needed. Fat is not only a concentrated source of calories, but performs certain functions essential to health and well being which no other kind of food can take over. There is fat in many foods, such as whole milk, meats, soybeans, nuts, avocados. So we are not entirely dependent on added fats to meet our basic needs.

In addition, some fat in a meal makes it satisfying. The fat digests very slowly, so it "stays by." If you lived on fat-less meals for a time you would find that you became hungry quickly after eating. And fat gives its richness and flavor to make mild-tasting and bulky foods more appetizing. Plain boiled corn meal mush versus corn meal mush fried golden brown is a good example of what a little fat can do—or, compare beans with and without a bit of salt pork or fat back in the pot.



Some fats contain one or more vitamins. Butter, for instance, contains vitamin A. Much of the oleomargarine on the market is fortified with vitamin A. So far as calories and vitamins go, however, you can get energy from other sources than fats, such as dried beans and peas, potatoes, and grain foods. And there are many sources for vitamin A, including a large choice of leafy, green, and yellow vegetables.

#### SPREADING THE BUTTER

For homemakers asking how to save and spread butter, the home economists offer these suggestions:

Serve butter thriftily. Restaurants and other eating places serving butter now provide one pat only, or half a pat. You can do the same at the family table.

Eat up all you get. If you put butter for seasoning directly on food, none will be left on pan or plate. And it's good wartime manners to leave a clean plate. Taking more butter or any other food than you need, or leaving a little "for manners," is out...for the duration.

Make flavor count. That is, use the butter you have where it will taste best. Bread would get priority on the family butter, with many people. A butter seasoned vegetable would be first with others. It's all a matter of taste.

Lose no butter by poor storing. Keep butter, and other table fats, covered tightly and in a cold, dark place and protected from strong odors.

Cut out butter-rich dishes. They are out of step with the time.

Butter will spread farther if it is creamed or slightly softened—but not melted.

In fixing lunch to carry, other fats can take over some duties for butter. If there's mayonnaise in a sandwich, for instance, you can spread one side of the sandwich, at least, with mayonnaise instead of butter. Bread may need no spread at all if the sandwich has some filling such as chopped raw vegetables mixed with mayonnaise...but remember that the happy sandwich medium is "not too dry and not soggy."

As for stretching butter, some people are remembering and using tricks of World War days...butter was mixed with milk, or with milk and gelatine, and was blend whipped to a smooth creaminess.

#### ALTERNATE YOUR FATS

We can do some shifting around in fats we use, and the wartime shopper finds her marketing easier if she is open minded. When the exact kind of fat she is accustomed to have is not available another may serve the purpose. Fats in common use include butter, olemargarine, lard, white cooking fats of the hydrogenated kind, and salad and cooking oils—which are liquid fats. These oils are from such sources as our peanuts, soybeans, cottonseed, and corn. And an important source of fat are the sizzling drippings left in the pan when cooked meat is taken out. Many homemakers are already experts at using these flavorful drippings.

#### WASTE NONE

It's a wartime duty to see that no fat goes to waste. Here are quick tips from the home economists:

Every bit of fat left from cooking may be saved and used again unless it has scorched or is too strong in flavor.

Keep any fat from scorching and smoking. For once a fat reaches the smoking point, it gets rancid and it doesn't taste good.

Save all fat drippings. Use them "as is" as seasoning for vegetables and in other cooking. Or—

Use drippings as clarified fat in cooking. You can heat, strain, and clarify them, and mix several kinds together, if you like. Use them in pastry, hot breads, and in some cakes and cookies, or to cook meats that haven't enough fat of their own.

Save excess poultry fat, and fat trimmed from raw meat with more fat than you need for its cooking. You can render this raw fat and use it like new.

Store saved fats as carefully as you store new fats—in clean containers with tight covers. Put them where it is cool and dark and use as soon as you can.

And, lastly, when there's any fat you can't use as food, save it for the fat salvage campaign. If there's a Jack Spratt in the family, save the plate waste. Render it and keep for salvage. For fats fight on two fronts. They are a food weapon to keep us fit, and a material for munitions of war.



100

THE UNIVERSITY OF CHICAGO

[illegible]

— *Journal of the American Medical Association*, 1964, 191: 1031-1032

*Journal of Management Education* 30(6)

[illegible]

1974-75 1976-77

2000 年 12 月 10 日

THE UNIVERSITY OF CHICAGO

1. 1940年12月1日，在《新蜀报》发表《论新蜀报》一文，指出新蜀报在抗战中应发挥的作用。

*Journal of Management Studies*, 19(1), 67-80.

[illegible][illegible]

1940

1891

475M  
H75M  
INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION

FEBRUARY 10, 1943

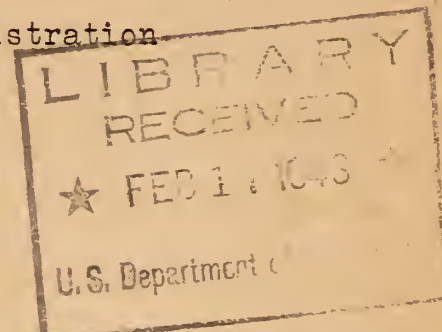
Washington, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, Agricultural Research Administration  
U. S. Department of Agriculture  
-----

WINTER WASHDAYS  
-----



Short dark days of winter, the rain or snow, fog or freezing, all add to the problems of family washing. The weather affects the washing itself, as well as the drying and ironing... makes it difficult to keep white fabrics white... to avoid strain to clothes on the line.

Home economists of the U. S. Department of Agriculture suggest some ways to meet these problems.

First, they say, plan on as much hot water as you can manage. Hot water helps soap do its most efficient cleansing. In winter when everything from the atmosphere to the washtub is very cold, extra hot water is necessary to offset the chill. So whether the water is heated on the stove or in the most modern electric tank, washing in cold weather calls for more fuel than at other seasons of the year.

Careful soaking before washing will save hot water as well as energy and wear on clothes. If soaking clothes overnight is most convenient in those busy times, by all means do it that way. It is better, however, to soak clothes only a short time to loosen dirt...15 minutes will do. Soak very dirty clothes separate from slightly soiled ones, and white clothes separate from any that you soak that have color. Cover a batch to be soaked with lukewarm water or water straight



from the tap...but never with hot water. Use soap in the water if you like... sometimes it helps to rub soap into the most soiled <sup>spots</sup> before soaking.

The washing machine may need to have the chill taken off before it goes into action. If an electric or engine-driven machine has been standing in a cold place, the oil or grease may be too stiff to lubricate the mechanism as it runs. So bring the machine into a warm room a few hours ahead of time, or fill the tub full of hot water and let it stand an hour before washing starts. But never pour hot water into a very cold porcelain enamel tub. Sudden changes in temperature can crack the enamel.

White clothes often take on a dingy look in winter for lack of that good bleach...sunshine. Home economists suggest that thorough rinsing in hot water to remove the soap helps keep clothes white. Soap and washing powder left in the fabric can discolor it. A little boiling may help whiten clothes; too much turns them yellow. If clothes are to be boiled, wring them out of the wash water, place them in fresh hot soapy water, and boil no longer than 10 minutes.

Two or three tablespoons of kerosene or turpentine in the boilerful of water helps whiten very dirty clothes. But rinse more thoroughly afterward to remove the odor. Juice of a lemon also helps whiten during the boiling. Bluing is an old standby for making clothes look white, but see that all soap and washing powder are out of the clothes before they go into bluing water.

One great damp weather problem is drying. Wring each piece as dry as possible. If possible hang laundry outdoors even if there is no sunshine, because fresh moving air helps the drying. If clothes must dry indoors, choose a room with good ventilation. If clothes are dried in the kitchen, laundry or cellar, open windows on two sides of the room, if possible, and open the windows top as well as bottom so the steamy air can go out the top while the cool air enters from the bottom.



An electric fan on a shelf in the upper part of the room helps the drying along. Never hang clothes to dry in a papered room. The steam and moisture may loosen the wallpaper.

In northern States clothes that hang outdoors in winter often "freeze dry," as housewives put it. Evaporation can take place from a frozen surface, so the clothes do freeze stiff, yet become dry. This freezing may be hard on clothes. A strong winter wind beating at the stiff clothes can tear and break the fabric. So can a careless hand pulling clothes roughly from the line and packing them down into the clothes basket. Clothes often freeze on the line and stick. When that happens, remove them with care.

The home economists believe that rubbing or soaking clothes lines in vinegar or brine is of little help in very cold weather in keeping clothes from freezing on.

Wool deserves best of care in washing. Never allow wool to freeze. Freezing shrinks and ruins it. Dry wool in a warm room. Avoid extremes of cold or heat.

In sprinkling clothes for ironing, use warm water, because it penetrates a cold fabric more quickly and evenly than cold water. To get clothes ready for ironing in a hurry, sprinkle and roll tightly in a clean cloth, then place the roll on a warm radiator or in the warming oven of the stove.

The "washlady" deserves consideration as well as the wash. If she warms the clothes pins in the oven or on top of the stove, her fingers will be warmer as she hangs out the clothes. And she will do a more efficient job if she wears convenient and comfortable clothing. A full-length apron of showerproof cotton will save clothes underneath from splashes and splatters. Warm stockings and heavy, easy shoes will help to keep feet warm and dry, even if the laundry floor gets wet. A low wooden platform is often helpful to keep feet more comfortable, especially over a concrete or stone floor.

Home economists offer further washday suggestions in a wartime folder, "How to Make Your Washing Machine Last Longer" and in a Farmers' Bulletin, "Methods and Equipment for Home Laundering." Copies of these may be had on request from the U. S. Department of Agriculture, Washington, D. C.





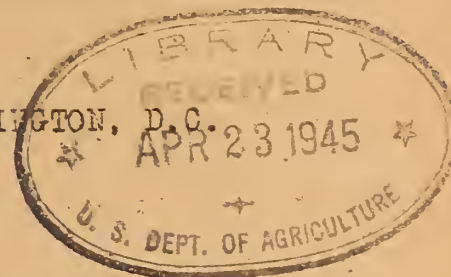
# INFORMATION FOR THE PRESS

United States Department of Agriculture

RELEASE FOR PUBLICATION:

FEBRUARY 17, 1943

WASHINGTON, D.C. APR 23 1945



## THE MARKET BASKET

by

Bureau of Home Economics, Agricultural Research Administration  
U. S. Department of Agriculture

## MIND YOUR VITAMIN B's

One of the best tonics for spring and every other season is food providing plenty of B vitamins. This group of vitamins in your food can give you a lift without a let down...may change just fair health to buoyant health...may steady the nerves...even improve a frayed disposition.

In wartime especially, when every one needs to be at his own peak of fitness, it pays to mind your vitamin B's, advise home economists of the U. S. Department of Agriculture. The war demands for longer hours, for heavier work, for enduring more nervous strain, all may increase the body's needs for B vitamins. And the wartime food situation calls for wise shopping, to get enough B's in the market basket, and proper cooking to get them on the dinner plate practically intact.

Because the B vitamins are so important to health, it is unfortunate that they are sometimes thought of as problem children of the vitamin family — difficult to understand and difficult to get into meals without special attention. Actually, it isn't hard to fix enough facts in mind to bring the B's right into line and steer them to your table. Most people find it easier to consider the B group of vitamins together in food rather than to try to keep each one separately in mind, and if you keep meals varied this is likely to bring the different B vitamins into the diet.

But even if you take a short cut and group the B's in meal planning, it is worth while to have a speaking acquaintance with several of the most prominent



B's. Scientists first thought there was one vitamin B. Then they learned that B was a large group of vitamins. At this time only a few B's are well known, and experiments indicate that foods contain a number of others that may be essential for good nutrition in human beings. It is already known that these newly found B vitamins are essential to animal nutrition.

Best known, and in some ways most important of the B group, is B<sub>1</sub>, or as it is coming more generally to be called--thiamine. Nicknamed the morale vitamin, thiamine keeps nerves steady and the disposition calm and cheerful. People who have too little thiamine in food have poor appetite, constipation, slow heart, and a tired feeling.

Another noted B vitamin is niacin, also called nicotinic acid (an entirely different substance from nicotine). Niacin is a sort of health watchman that does most to ward off pellegra, a disease that weakens thousands of people in this country. Pellegra sufferers have skin trouble, poor digestion, chronic weakness and weariness, are melancholy, irritable, restless...in latest stages of pellegra a few go insane. Enough food containing B vitamins, particularly niacin, prevents pellegra.

A third B vitamin is riboflavin, needed for normal growth and health. Too little riboflavin causes sores around nose and mouth, and bloodshot eyes that see dimly and are hurt by light.

A great many Americans go shy on the B's, unluckily, and suffer the results without knowing it. For one person who becomes out-and-out ill for lack of these B vitamins, thousands are borderline cases, suffer from vague symptoms, small but troublesome complaints that keep them under par. The chronic grouch, for example, or the lazybones, the tearful girl, the housewife with imaginary complaints, may be suffering for lack of food containing enough of the B's.

Here are reasons why it's all too easy to go shy of B vitamins, unless some attention is given to seeing that they are included in daily meals;

First, in their raw or original state most plant and animal foods contain some of the B vitamins, but only a few foods contain very much. In fact, the really rich sources of B vitamins can be counted on one hand. Some of these foods are relatively rich in one B, some in another. For special mention we might star lean pork, liver and kidney and other meat organs, whole grains, dried beans and peas, soybeans, and nuts—particularly peanuts. Other foods that supply vitamins of B group include lean meats, eggs, milk, vegetables, and fruits. And today all white flour and bread are enriched with thiamine and niacin, and soon riboflavin will be required also.

When family diets feature frequently such foods as those named, the family is likely to get its vitamin B needs. The body can store some vitamins, but not the B's. It must have a regular, as well as plentiful, supply. That means including some B food at every meal, if possible, and at least some every day.

Another reason why B's are short in many diets is that a great deal of vitamin B loss occurs in the kitchen. Heat in cooking destroys some of the B value a food contains, and some leaks out into cooking water. If foods containing B vitamins are reheated, even less of these valuable vitamins is left in the food—though the recooked food will still have other food value. So, don't discard such left-over foods; use them, but don't count on them for daily B's. Be sure to rescue B vitamins that get out into cooking water. Save the liquid, serve it with vegetables or use it in sauces and gravies.

Serious losses of B vitamins have also come from refining and processing foods. For example, brown rice is a good source of several B's, but when the brown covering is polished off, away go the vitamins. The same has been true of white flour when milling processes removed bran and germ. Nature had a purpose in placing B vitamins along with starches and sugars in food. It is known that thiamine aids the body in utilizing starches and sugars. Enriched bread and flour, and whole grain foods help toward meeting B needs.

Important to keep in mind now is the effect of the wartime meat situation in cutting down on a mainstay source of B's. Fortunately, there are a number of protein foods, such as eggs, dried beans and peas, soybeans, and nuts, that can alternate for meat as main dishes and that contain at the same time a good share of B vitamins.





# INFORMATION FOR THE PRESS

## United States Department of Agriculture

RELEASE FOR PUBLICATION:

FEBRUARY 24, 1943



### THE MARKET BASKET

by

Bureau of Home Economics, Agricultural Research Administration

U. S. Department of Agriculture

### VITAMINS AND MINERALS FROM VICTORY GARDENS

1.9  
H 75 m  
Reserve

Vitamins and minerals from your own backyard to help your country's wartime food situation and your family's health. That is the Victory Garden story for 1943 in brief.

This is a year when growing your own vegetables is not only pleasant and profitable but a patriotic duty as well... Many more gardens and gardeners are needed this year if Americans are to have food to keep them fit.

The plain fact is that you will not be able to buy as much of certain fresh vegetables and fruits as usual because they won't be on the market to buy. As for canned goods, Uncle Sam has already figured on taking half of all the vegetables commercially canned in 1943. So Americans are going to need all the food they can grow on six million farms and 12 or even 15 million backyards and vacant lots. There is no danger whatsoever of producing too much.

The farm people are bearing the brunt of this great job. Millions of tons of the food that farms will produce are already ear-marked--one fourth to go to our armed forces and allies. Our soldiers and the men fighting with them will have first call on food. And a soldier eats twice as much as the average civilian. But people on the home front need to be well-fed, too--and most of them are working harder than ever before. So there has to be enough food for our own boys, for the starving people of liberated countries, for our allies, and for our civilian population. To keep them supplied with the food they need will not be simple.

Every home gardener can see that at least one family has the vitamins and minerals vegetables can supply. So if you have the right ground, plan now to put it to

use for feeding your family.

Plan to have plenty of green and yellow vegetables and tomatoes...to keep a fresh supply coming all summer and as late in the fall as possible. Just a few weeks after planting, the garden can supply greens of various kinds, lettuce, onions and radishes. A little later snap beans will come along, and then tomatoes fresh from your vines.

If possible, plant enough tomatoes to can as well as serve fresh. Whatever you can at home, you are sure of having, regardless of rationing restrictions. The Government is making arrangements for enough jar rings and closures for home canning this year. As for pressure canners--needed for safe canning of non-acid vegetables and also meats--there will be some canners manufactured, but not enough to meet the demand. Sharing is one answer. There will probably be more group canning this year among neighbors, and more community food preservation centers organized to pool equipment and experience.

Gardeners with plenty of ground should also raise enough carrots, turnips, potatoes and cabbages to store in the cellar or in outdoor storage pits.

Now is not a moment too soon to lay plans for your garden and to order supplies. In planning, count first on the vegetables that give the most food value for the space they take in the garden. If you are busy, consider also the time different crops require. In planning for food value, remember that though vegetables contain many different nutrients, their chief contributions to family meals are vitamins and minerals, especially vitamins A and C and the minerals iron and calcium. Vegetables also furnish the B vitamins in small but important amounts.

Fortunately for victory gardeners some of the commonest and easiest vegetables to grow are also the most valuable. Tomatoes, which are tops for vitamin C (ascorbic acid), are a blessing, especially to beginning gardeners, because they are so easy to grow. And you need only 12 or 15 plants to supply fresh tomatoes enough for the whole family all summer.



"Cooking greens"—turnip, beet, mustard, collards, kale or spinach—and salad greens—lettuce, green cabbage and chard—are important for vitamin A, vitamin C, iron, and some are important for calcium. And greens are among the most successful vegetables for spring and fall gardens.

Green beans and peas also rate for vitamin A and iron—and for vitamin C and also B, if you cook them properly. Beans and peas are not difficult to grow, but green peas are a cool weather crop and take some extra space. The size of your garden determines whether to raise them.

A few vegetables not so important for their food value deserve space in the garden because they have special color and flavor to make meals appetizing. One of these is the onion—not rich in either vitamins or minerals but a standby for seasoning. The onion is the making of many a low-cost dish. A vegetable more important for color than food value is the beet root. That bright "beet red" has given a lift to many a plate of otherwise pale food. Of course, when beets are young and tender they are two vegetables in one, because the tops are valuable greens. The radish also is not distinguished for food value because it is eaten in small amounts, but it deserves garden space because it is very easy to grow and adds color, crispness, and lively flavor to pick up the meal.

British gardeners since the war have concentrated on carrots for their vitamin A. American gardeners, too, may well plant more of these and other yellow vegetables.

If you have an hour or more a day to garden...if you have space in your yard or near by...if you have reasonably good soil not shaded by large trees or buildings or filled with tree roots, then plan now to raise minerals and vitamins for your family this summer. Start off by writing for the free bulletin called "Victory Gardens," No. 483, from the U. S. Department of Agriculture, Washington, D. C.



3

3